



NORTH EAST MICHIGAN WRESTLING ASSOCIATION



## **NEMWA Week 3 B & D Tournament**

**Hosted by Traverse City Wrestling Club**

**Saturday January 17th, 2026**

**Traverse Central High School**

1150 Milliken Drive Traverse City MI 49686

### **Split Start Times**

**Session 1: Ages 5,6,7,8 will begin at 9 am**

**Session 2: Ages 9&10, and ALL GIRLS DIVISIONS start no sooner than 11:30 am**

**Session 3: Ages 11,12,13,14 no sooner than 1:30 pm**

**\*\*Ages of child as of Dec 31st 2025**

**Session 1 Weight Audit 8-8:30 am**

**Session 2 Weight Audit 10:30-11:00 am**

**Session 3 Weight Audit 12:30-1:00 pm**

Weigh-In Home Honor Weigh-Ins, Team Statistician enters actual weight from honor weigh-ins into track wrestling before 10pm Thursday Jan 15th.

**Entry Fee:** \$15 per wrestler, must be paid as a team Saturday at Onsite weigh in before 8:30am

**Admission:** \$5 Adults, \$10 Families (max of 6 members per \$10) , Students \$2, kids 5 and under are free

**Coaches Meeting Sunday Morning @ 8:45 am in Upstairs Wrestling Room**

**This is a USA Wrestling Sanctioned Tournament operated by NEMWA**

### **Open Division Weight Classes:**

**5-6** : 37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 68-77, 78-87, 88-97, 98-107 (Max 107)

**7-8** : 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, 83-97, 98-115, 113-127, 128-142 (Max 142)

**9-10** : 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110, 111-130, 131-150, 151-170, 171-190 (Max 190)

**11-12** : 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 134-158, 159-183, 184-208, 209-233 (Max 233)

**13-14** : 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 138, 145, 155, 170, 171-200, 201-230, 231-260, 261-275 (Max 275)

### **Girls Weight Classes**

**5-7** : 40, 45, 50, 55, 60, 65, 70, 75, 76-85, 86-100, 101-120 (Max 120)

**8-10** : 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 96-110, 111-135, 136-170 (Max 170)

**11-12** : 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 121-140, 141-165, 166-200 (Max 200)

**13-14** : 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 121-145, 146-175, 176-220 (Max 220)

**Awards: 1st Through 4th Place in each Weight Class**

Rules: Modified High School Rules Apply

Only 2 Coaches per team per Wrestling Surface, only coaches with NEMWA Provided wristbands allowed matside

**No Guns/Weapons/Tobacco/Alcohol will be allowed on school grounds (This will be strictly Enforced)**

**Concessions will be available**

**Tournament Director: Adam Handwerk 231-330-3773 or tctrojanwrestling@gmail.com**